

# (Yoga)

Yoga offers tools to improve fitness, circulation, mobility,  
and a sense of well-being.

This class offers excellent, precise instruction  
in yoga postures and breathing.

Join us in building strength and flexibility in body,  
mind, and spirit.

**Date:** Wednesdays, starting July 12, 2017

**Time:** 12:30-1:30 p.m.

**Cost:** \$30 per person, 10 weeks  
(classes are not prorated for late starts/absences)

**Instructor:** Layla Botwinik

**Open to all, regardless of yoga experience.**  
Please bring a yoga mat.

**Register at the center or online:** <https://frederickcountymd-gov.3dcartstores.com>

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## Urbana Senior Center

**Offering fitness, enrichment & social opportunities for 50+  
301-600-7020**

**9020 Amelung Street, Urbana, MD 21704**

(located on the lower level of the Urbana Regional Library)



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